

31st Fighter Wing: The U.S. Air Force's fighter wing south of the

THE VIGILEER

Vol. 51 No. 13

April 15, 2005

Aviano Air Base, Italy

Fly Bys

Legal briefings

Household goods claims briefings take place 3 p.m. Wednesdays at the Aviano Legal Office. Tire shredder claims briefings are held there at 3:30 p.m. Wednesdays. Call Ext. 7844 for more information.

Volunteers needed

Volunteers are needed for the Aviano Family Fair April 23. Call Ext. 4447 for more information or to volunteer.

Lost and found

The 31st Security Forces Squadron Investigations Section is the base point of contact for lost and found property. Found property can be turned in to the Law Enforcement Desk in Flightline Bldg. 1019. Inquiries about lost property should be directed to the agency where the property was lost before calling Ext. 5401.

Eagle Eyes

People should call Aviano's Eagle Eyes program to report any suspicious behavior or people they notice in their neighborhoods. Call Ext. 7200 or 0434-30-7200 to make a report.

Aviano to celebrate families with fair

Aviano families will be able to get up close and personal to an F-16 Fighting Falcon and visit a variety of activity booths at a family fair here April 23.

Aviano's seventh annual Family Fair brings together local private organizations, base agencies and individuals that showcase what the base and local area offers to its residents.

"We promise to make this a special day for Aviano military families and kids of all ages," said 1st Lt. Guillermo Rojas Jr., event organizer.

Events to be held at Hangar One include military working dog presentations, a Harley Davidson display, sumo wrestling, Kuk Sool Won performance and more. Asian-Pacific American children will also perform native Tahitian and Hawaiian dances. Next week's *Vigileer* will have a complete schedule.

"[People can] experience what it feels like to walk a straight line while intoxicated with drunk goggles, or taste the healthy milkshakes the Health and Wellness Center whips up," said Lieutenant Rojas. "And while they're at it, people can throw others in 'Jail and Bail.' I understand coaches, parents and first shirts make up the most wanted list, though watching the police chase an errant teenager, then cuff him and put him in jail has brought smiles to more than one parent's face."

Weather permitting, the Aviano Fire Department will light fires and let people use fire extinguishers to put them out.

"Kids wanting to try their hand at sumo wrestling will have a chance. Additionally, there will be face painting, helium balloons, games, a jumping castle, balloon designs and basketball free throw," said Lieutenant Rojas.



File photo

An Aviano child gets buckled into an F-16 Fighting Falcon during the Aviano Family Fair 2001. Children this year will get the same opportunity. They'll also be able to climb aboard a fire truck and Humvee.

Other base organizations participating in the event include: 31st Security Forces Squadron, Aviano Youth Programs, Aviano Community Enlisted Spouses Club, Aviano Racing Club, Aviano Thrift Shop and more. (*31st Fighter Wing Public Affairs and 31st Logistics Readiness Squadron Integrated Delivery System*)

Congratulations to Senior Airman Rebecca Baker, 31st Maintenance Squadron, named U.S. Air Forces in Europe's Airman of the Year.



Telephones

Aviano's telephone system recently changed over from the most outdated switch in the Air Force to one of the newest models out there.

Page 4



Alcohol

April is designated as Alcohol Awareness Month. From health to behavior and career, alcohol can negatively affect those who abuse it.

Pages 12 and 13



Location

This week's "Name This Vacation Location" comes from a country that was previously joined up with another region until it became a republic.

Page 14



Vigileer Editorial Staff

Commander,
31st Fighter
Wing
Brig. Gen.
Philip M. Breed-
love

Chief, Public
Affairs
Capt. Eric Elliott

NCOIC, Internal
Information
Staff Sgt.
Jerome Bay-
smore

Editor
Staff Sgt.
Julie Weckerlein

Staff writer
1st Lt.
Nicole Dubnicay

Student staff
writer
Au Bree Mariz

Public Affairs
Volunteer
Martin Wecker-
lein

Photo support
Visual Information
Center

The Vigileer is published by Risna, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with the 31st Fighter Wing.

This commercial enterprise Air Force newsletter is an authorized publication for members of the U.S. military services overseas. The content of the Vigileer is not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense or the Department of the Air Force. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by DoD, the Department of the Air Force or Risna of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical or mental handicap, political affiliation or any other non-merit factor of the purchaser or user or patron. The editorial content is edited, prepared and provided by the 31st FW Public Affairs office. All photographs are Air Force photographs unless otherwise indicated. The deadline for submitting information is close of business Thursday one week prior to publication. Send all information by e-mail to the Vigileer at vigileer@aviano.af.mil. Faxed articles will not be accepted at all by the staff. The public affairs office is located in Bldg. 1360, Rm. 19. The Vigileer staff can be reached at Ext. 7344.

U.S. Air Forces in Europe

Airman Information File

Embracing Change: It happens everyday

The only thing that remains constant is change -- it happens around us everyday.

When we face change we can choose to embrace it, or ignore it and let change occur without us.

When we continue with business as usual instead of rising to the challenge of change, we eventually become extinct, but by embracing change we ensure our relevancy into the future.

The Air Force has fought in many different conflicts over the years. Each operation requires us to review our strategies and tactics to guarantee they are the best to win our current, and future, fights.

During the Cold War, we prepared ourselves to face a large superpower. The tragic events on 9/11 presented us with an enemy that required different strategies and tactics.

Today, we face an organized system of terrorists who wear no uniforms. With this new fight come new challenges like quickly being able to take out fleeting and mobile targets.

We also need to figure out how to handle and neutralize a terrorist who has strapped-on C4 explosives before he can harm others. It's clear change is required for us to remain relevant and successfully win all future conflicts.

There are different aspects to change. One aspect is the technical challenge -- solving the problems that allow us to adapt and overcome.

Harnessing new technology and exploiting it against our enemies is one way we can adapt to meet these technical challenges. The

other aspect, and usually the more difficult to achieve, is the attitude and motivation required to effectively change.

Vince Lombardi stated, "The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack of will."

Most of us are normally resistant to change -- mainly because change brings out a fear of the unknown. It requires us to move out of our comfort zone into unfamiliar territory. Others oppose change because of a fear of failure.

History holds many examples where failure accompanied initial change, but through perseverance, success was eventually achieved.

Abraham Lincoln failed early at business, was defeated in his run for the Senate and passed over as a Vice-Presidential candidate, but he never gave up.

He went on to become one of the greatest Presidents of our United States with the courage to change our nation in ways that are still being felt today.

Change requires the courage to move out of the familiar into the unfamiliar and to overcome our fears and failures until we succeed. Change -- it's inevitable. We can anticipate it, embrace it, lead the way and be successful, or we can drag our feet, let change happen and react after it's too late.

It's been said that when you're through changing, you're through. Stay ahead of all who oppose us and keep us the most respected and feared Air Force in the world -- embrace change!



Gen. Robert H. Fogle-song, right, is the U.S. Air Forces in Europe commander while Chief Master Sgt. Gary Coleman, left, is the USAFE command chief master sergeant. USAFE is an Air Force major command and the air component of the U.S. European Command. Its headquarters is located at Ramstein Air Base, Germany. The command consists of about 73,000 people, including 26,000 active-duty airmen, who accomplish the mission at 16 installations, five of which are main operating bases situated across Europe.


General Doc Fogle-song


CMSgt Gary Coleman

"Bring Your Courage"

Air Force by numbers

The Air Force Personnel Center recently released its quarterly demographics. Here's a snapshot of some of those numbers, available on www.af.mil.

5 percent of Airmen reported their race to be Native Hawaiian or other Pacific Islander

19.6 percent of the force is female.

21.5 percent of the U.S. Air Force is assigned overseas.

29 is the average age of the enlisted force.

60.3 percent of the force is married.

13,729 Airmen serve as pilots for the U.S. Air Force.

20,642 couples in the Air Force are joint-spouse.

358,612 people serve as active-duty Airmen.

Aviano updates telephone service

By Airman 1st Class Sara Feldkamp
American Forces Network-Aviano

Aviano's telephone system got a make-over recently as the 31st Communications Squadron here introduced a new telephone switch.

"The telephone switch is the heart of the telephone system on the base. Every call that's placed routes through the telephone switch," said Master Sgt. Michael Freeman, 31st CS wire chief. The telephone switch that we had at Aviano was the oldest telephone switch in the Air Force inventory. It was the last of its kind, totally unsupportable. Our telephone maintenance guys basically had to work miracles to keep life breathed into it."

With the help of volunteers, 26 maintenance troops visited more than 500 buildings and performed the cut-over to the brand new, state-of-the-art MSL 100 switch.

Though the new switch will improve Aviano's telephone capabilities, the process of changing onto the new system won't be flawless, said Tech. Sgt. Alberto Felix, 31st CS telephone systems NCOIC.

"With all major cut-overs, you're bound to have troubles. So, if someone finds that their phone is not working, or they lose features or access via DSN or commercial, people can call us at 119 or send us an e-mail," he said.

The e-mail address to report such troubles is telephone.troubles@aviano.af.mil.



Airman 1st Class Desiree Hayden

Airman 1st Class Darnell Gordon, 31st Communication Squadron, carries supplies April 1 as a volunteer helping the telephone systems technicians switch over all phones to digital sets.

April 18, 1942 - Lt. Col. James Doolittle led 16 B-25 Mitchell bombers on a Tokyo bombing raid in response to the Pearl Harbor attack.



It's tax time

People living in the states must turn in their completed tax forms by the end of today, but people living overseas have a little more time. Those who are coming back from a deployment are given even more time to complete their forms. For more information, call the Aviano Legal Office at Ext. 4840.

Worth Mentioning

"Whatever uniform you wear or what patch you wear on your sleeve has a lot to do with our esprit de corps and our willingness to sacrifice for our friends, our comrades and our nation. Competition is a good thing; the American system is based on it -- in economics (and) the political world. Competition breeds excellence."

- Chairman of the Joint Chiefs of Staff Gen. Richard B. Myers during comments to U.S. servicemembers at the American embassy in Cairo, Egypt.

RESCON CORNER

DUIs

Week	0
28 days	0

Rescon Normal

Congratulations! Team Aviano has earned another down day for going more than 31 days without a single drunk-driving incident.

Due to the dedication to this program, May 27 will be a down day, giving us a four-day weekend for Memorial Day.

Continue what you are doing. Make plans before you go out and drink. Use Airmen Against Drunk Driving by calling 0434-30-5938. Rely on your Wingman. Just do not drink and drive. Let's go for another 31 days and earn yet another down day to spend with friends and family.

Contact lens wear discouraged

By Airman 1st Class

Eydie Sakura

52nd Fighter Wing Public Affairs,
Spangdahlem Air Base, Germany

Blowing sand, smoke and fine dust particles are an eyeball's worst nightmare. Now imagine holding up your unit because you have "something in your eye."

This type of scenario is exactly what optometrists said they fear most when Airmen wear contact lenses instead of their glasses while working in a deployed environment.

People who require medical equipment, like corrective eyewear, must deploy with all required items in their possession, including two pairs of eyeglasses, if needed, and protective mask eyeglass inserts, according to U.S. Central Command guidance issued in January.

This guidance resulted from lessons learned from recent conflicts and joint missions, officials said.

"If the Army, Navy and Marines can't deploy with contact lenses and must wear their glasses, then the Air Force should follow suit when deploying," said Maj. Robert Kead, 52nd Aerospace Medicine Squadron optometry flight commander at Spangdahlem Air Base, Germany. "As of right now, if Airmen want to wear their contacts while they're (deployed), they have to get pre-approval from their (deployed) commander."

Contact lenses are time consuming to

take care of, and they have become an operational safety issue as well, officials said.

"It was discovered that 90 percent of ocular foreign bodies were preventable just by wearing glasses," said Capt. Jeff Autrey, 52nd AMDS optometry clinical services chief. "Many man-hours were lost (because of) troops with nonbattle injuries (from) problems with contact lenses and having 'something in your eye.'"

People deploying must contend with field conditions that may not allow for proper contact lens hygiene, and poor hygiene leads to an increase in eye abrasions, infections and ulcers, officials said.

"The 'unclean' environment and extended hours of continuous operations lead to people over-wearing the contacts," Captain Autrey said. "Continuous wearing of lenses without removal may cause inflammation, infection and permanent loss of vision."

Such side effects include sensitivity to light, tearing, burning and scratching. To reduce these symptoms, Airmen who normally wear contact lenses can wear their civilian or everyday prescription glasses while deployed, but must also have at least one pair of the brown plastic military-issued glasses.

"We make it mandatory for deploying Airmen to bring their military-issued glasses as well as their everyday glasses," the captain said. "If both pairs of glasses became nonoperational, the brown plastic glasses are the only glasses that can be repaired (while deployed)."

All-request Lunchbox: Listen to AFN's ZFM 106.00 from 11 a.m. to 1 p.m. and make a song request by calling Ext. 8236.

Chatting on Air Force Portal requires decorum

By Tech. Sgt. David Jablonski
Air Force News Service

Airmen are chatting it up in growing numbers using the Air Force Portal's instant messaging service.

But recent inappropriate comments made by some Airmen in chat rooms led officials to clarify responsible communication over the service.

"The majority of the 7,000 plus Airmen using (Air Force Instant Messenger) in a given week are using it exactly as it was intended," said Maj. David Gindhart, Air Staff lead for the portal. "Unfortunately, a small group of individuals forgot that our core values, military decorum and professionalism still apply when in a chat room."

It is no different than having a conversation on or off base, whether in uniform or not. Airmen cannot forget who they are talking to and that they are representing

the Air Force, he said.

"This is especially troubling when ranks appear on the screen," Major Gindhart said. "Some officers and senior (noncommissioned officers) forget they are setting the example for younger Airmen."

Officials in the Air Force chief information office recently defined inappropriate use and clarified chat guidelines.

Inappropriate use includes sexual harassment, and sexually explicit or racist dialogue. In addition, while the instant messenger supports informal dialogue, the Air Force military rank structure establishes expectations for leader responsibility and accountability. Air Force Instruction 33-129, Web Management and Internet Use, covers the use of Internet resources by government employees. Military Equal Opportunity, AFI 36-2706, describes the limits of professional communication.

Certain controls and conditions have also been added, officials said. A warning banner reminds Airmen they have no expectation of privacy and use of the system is consent to monitoring. The service is limited to official and authorized appropriate use and cannot contain classified information or operational security information.

Portal officials said they encourage use that is consistent with policy, standards and core values. They said organizations across the Air Force are experimenting with new ways of doing business using the portal and instant messenger.

"If you're uncomfortable with the behavior in a chat room, or find it incompatible with Air Force core values, please don't hesitate to use the self-monitoring and reporting functions we've installed," Major Gindhart said.

Word play: Using disparaging terms violates policy

**By Tech. Sgt.
Kimberly Mann
31st Fighter Wing
Military Equal Opportunity**

The traffic rushed by and the man stood at the crosswalk waiting to initiate a cross at the right time.

A car stopped, the man quickly crossed in the appropriately marked area. He waved a thank you.

The man met a friend on the other side of the street as the car slowly excelled past the two. They raised hands to each other as they smiled.

"What up my nigga?" one asked the other. "Are you going for lunch?"

"Yeah. I'm going to Taco Bell. Later my nigga."

Meanwhile, a third man looks at the two while he crosses the street, disgusted. He thinks, "Nigga. Let me use that word with them and see who smiles."

The two men talking were black; the other man was white. All three wore Air Force battle dress uniforms

and worked in the same unit, but two of the men used language that excluded the third because of race.

This is not an exclusive scenario and different groups use different terms, as terms of endearment, in greetings and conversations.

While this kind of interaction is an attempt to negate a historically disparaging connotation to various racial groups, the Air Force prohibits the use of such terms because they still offend military members and they do create a division among the ranks – thus they are labeled "disparaging terms."

The Air Force defines a disparaging term as communication used to degrade or imply a negative distinction or perception, stereotype, attitude, or overtone about a person's color, national origin, race, religion or sex.

Such communication may take the form of insults, printed material, visual material, signs, symbols, posters, banners, or insignias.

According to AFI 36-

2706, unlawful discrimination is discrimination on the basis of color, national origin, race, religion, or sex that is not otherwise authorized by law or regulation.

Unlawful discrimination can occur through specific actions, verbal or written communications, or combinations of conduct.

The use of disparaging terms can constitute unlawful discrimination. In FY 04, Aviano experienced multiple incidents and complaints involving disparaging terms.

When used in the midst of conflict, the use of these terms fueled the flames of anger and heightened the conflict.

When used in the workplace, gender-oriented disparaging terms perpetuated rumors and created a sexually harassing environment for members.

When used within a group as nicknames that labeled racial characteristics, disparaging terms have left members feeling isolated and eroded trust in leader-

ship who condoned the behaviors.

Some offenders have claimed their intention was not to offend.

In the end, it was the impact that hindered the mission—the intention could not delete the impact.

Supervisors and managers have a responsibility to be familiar with MEO policy and ensure a zero tolerance environment is created to prevent disparaging terms from affecting the members and mission.

Disparaging terms at their worst reflect hate and promote action against members of targeted racial, religious, gender, and ethnic groups; however, disparaging terms used as terms of endearment can still be offensive and create a separatist atmosphere.

Therefore, in an environment where every member working together is essential to complete the mission, the Air Force policy for the use of disparaging terms, regardless of intent, is zero tolerance.

Airmen Against Drunk Driving: Don't drink and drive. Call 0434-30-5938 for a free, anonymous ride home.

New to the Blue: Birth announcements



*Congrats
to the
following
Aviano
families on
their newest
addition!*

Sean Ethan Calderon was born March 4 to Angelica and Capt. Marcus Calderon, 603rd Air Control Squadron, and siblings Savannah, 10, Siena, 7, Isabelle, 5, and Ariana, 3.

Chloe Anne and **Madison Lisa Cullins** were born Jan. 6 to Krista and Senior Airman Brian Cullins, 603rd ACS, and brother Aidan O'Neal, 1.

Ryan Edward Desmond was born March 16 to Amy and Staff Sgt. Scott Desmond, 31st Maintenance Squadron, and sister Kaelyn, 3.

Luca Strandhagen Flores was born Feb. 18 to Jorge and Maj. Frank Flores, 721st Air Mobility Operations Group Detachment 3.

Isabella Marie Graham was born March 22 to Kristina and Airman 1st Class Daniel Graham, 31st Aircraft Maintenance Squadron, and sisters Shelby, 3, and Abigail, 1.

Collin Joseph Hansen was born Feb. 22 to Shanna Contardi-Hansen and Staff Sgt. Joseph Hansen, 31st AMXS, and sister, Brooke, 2.

Conrad Arnold Hendricksen IV was born March 28 to Jennifer and Airman 1st Class Conrad Hendricksen III, 31st Security Forces Squadron, and

brother Christian Earl Ward, 5.

Alaina Danielle Hinton was born Feb. 23 to Andrea and Senior Airman Nicholas Hinton, 31st SFS.

Jasmine Tierra Huskey was born March 7 to Senior Airman Adrienne Huskey, 31st Medical Support Squadron and Airman 1st Class Prince Gary Huskey II, 31st SFS.

Alexander John Johnson was born March 28 to Christine and Master Sgt. Terry Johnson, 31st MXS, and sister Alaina, 2.

Maya Dominique Plymale was born Feb. 26 to Stephanie and Lt. Col. Douglas Plymale, 31st MXS, and sister, Emma, 2.

Arianna Lorraine Rizzo was born Jan. 4 to Maria and Master Sgt. Michael Rizzo, Detachment 17, and sister, Alexandra, 7.

Jacob Thomas Sexton was born March 8 to Tina and Staff Sgt. Mickel Sexton, 31st SFS, and siblings Kirsten, 5, and Alexander, 3.

Alyssa Briannah Spencer was born Feb. 12 to Beth and Staff Sgt. John Spencer, 31st Communications Squadron.

Office closures

- The 31st Contracting Squadron closes at noon today for an official function. For emergency contracting business, call 335-612-2906.

- The 31st Medical Group closes April 22 for a 31st Fighter Wing down day. There will be extended care hours at the Aviano Family Practice Clinic in Area One 10 a.m. to 4 p.m. April 23 and 24. Call Ext. 5000 or 0434-30-5000 to make an appointment.

Kid's Club

Aviano kids are invited to the La Bella Vista Club 5:30 p.m. Tuesday for dinner and a movie. Reservations must be made by today by calling Ext. 4303.

Embry-Riddle

Embry-Riddle Aeronautical University offers AMNT-260 General Electrical Systems. The class prepares students for the written part of the Federal Aviation Administration exam for an Airframe and Powerplant License. Class begins April 23. Students can register until classes begin in

the Embry-Riddle office at the Area Two Bldg. 186 Education Center.

Travel charges

The transaction fee at SATO Travel increases today to \$38.30 per ticket for official travel. The fee increase ensures SATO can continue to provide passenger travel services to U.S. Air Forces in Europe customers. The transaction will appear as a separate charge on the ticket invoice. Travelers will file for reimbursement on their travel vouchers as part of their reimbursable travel expenses.

Job opportunities

People who are retiring at the pay-grades of O-5, O-6, E-8 or E-9 could work for the Air Force Reserve Officer Training Corps as it expands from 746 to 945 units by 2007. That means 398 instructor positions will be available that year, as well as the annual turnover of 50 to 75 instructors. About 728 units are located stateside, and 18 units overseas. For more information, call Tom Snyder at the Aviano Family



Tech. Sgt. Demetrius Lester

Month of the Military Child

April is the Month of the Military Child. In honor, the Aviano Family Fair takes place 10 a.m. to 4 p.m. April 23 in Hangar One. Various organizations and units will have activity booths, while an F-16 Fighting Falcon, a Humvee and fire trucks will be on display. Participants will also be able to sumo wrestle and get their faces painted.

Support Center at Ext. 5768.

Post office news

Aviano Post Office customers are prohibited from sending or receiving items through the military postal system to advertise home businesses, to sell merchandise, to conduct business or for commercial purposes. Also, the use of postage-free mail service to transport personal property in connection with a PSC or TDY is prohibited, with the exception of uniforms and personal gear required to perform official duties at the next duty station. For more information regarding the post office and its services, call the postmaster, Master Sgt. Dale McLeod, at Ext. 7816.

Change of command

Col. Lee Payne relinquishes command of the 31st Medical Group 9 a.m. April 28 in Hangar One.

Combined briefing

The next Palace Front/Palace Chase briefing takes place 2 p.m. May 9 in the 31st Mission Support Group conference room in Flightline Bldg. 1403. As an outprocessing requirement, the Palace Front

briefing is mandatory for all reenlistment-eligible Airmen who are electing to separate from the Air Force. Airmen interested in early separation through Palace Chase can also attend. For more information, call Master Sgt. Janet Boyles at Ext. 4919.

Scrapbooking contest

The Aviano Thrift Shop is conducting a scrapbooking contest open to all DoD identification card holders. The pages will be displayed at the Aviano Family Fair April 23 and voted upon by fair participants. Scrappers must use items or material purchased from the Aviano Thrift Shop on their pages. Prizes include gift certificates for scrapbook supplies, as well as first-place pages published in an upcoming *Vigileer*. Pages must be turned in to the shop by Wednesday. Call Ext. 5428 during business hours for more information.

Substitute teachers

Aviano Elementary School seeks substitute teachers certified in elementary education, speech therapy and nursing. For more information, call the school at Ext. 5677.

Reel Times

Today, 5 p.m. - "Pooh's Heffalump Movie" Rated G - The residents of the Hundred Acre Wood try to catch the terrifying Heffalumps. But Roo proves that Heffalumps aren't at all what people say. Animated.

Today, 8 p.m. - "Man of the House" Rated PG-13 - Hard-edged Texas Ranger Ronald Sharp is assigned to protect the only witnesses to the murder of a drug kingpin - a group of University of Texas cheerleaders. Starring: Tommy Lee Jones and Cedric the Entertainer.

Saturday, 2 p.m. - "Pooh's Heffalump Movie"

Saturday, 7 p.m. - "Boogeyman" Rated PG-13 - Tim is haunted by his father's death. Starring: Barry Watson and Emily Deschanel.

Sunday, 2 p.m. - "Pooh's Heffalump Movie"

Sunday, 7 p.m. - "Man of the House"

Wednesday, 7 p.m. - "Boogeyman"

Thursday, 7 p.m. - "Are We There Yet?" Rated PG - Nick wants to date Suzanne, so he offers to drive her two kids to Vermont to see her. That turns into a nightmare. Starring: Ice Cube and Nia Long.

Friday, 5 p.m. - "Son of the Mask" Rated PG - The Mask of Loki hunts down a baby with amazing abilities. Starring: Jamie Kennedy and Alan Cumming.

Friday, 8 p.m. - "The Pacifier" Rated PG - An undercover agent agrees to look after a man's five kids when they are thrust into danger. Starring Vin Diesel.

(Titles and times are courtesy of www.aafes.com, and are subject to change.)



Senior Airman Priscilla Robinson

From knowing about tolerance to health impact, alcohol awareness means knowing the facts on how alcohol can affect you.

Practice makes imperfect

Commentary by
Staff Sgt. Randall Wallace
31st Medical Operations Squadron

I know the title of this article goes against a common cliché.

Parents, teachers, and band instructors have instilled in our minds that to be perfect, we must practice.

For example, I began playing the saxophone in the sixth grade. When presented with a difficult piece, I had to put much time, dedication, discipline, and money into the music in order to play it without mistakes. (Let me interject that practice was rarely fun, but always hard work).

Generally, I agree with this for almost everything. However, I have come across one activity in which practice makes imperfect - drinking alcohol.

In sports, a stagnant novice rarely takes enough time to hone a skill and sees practice as too boring and/or time-inten-

Myths versus facts

Myth: The worst thing that can happen to someone drinking is that he will pass out and have a hangover the next morning.

Fact: Death can and does occur from drinking too much alcohol. Known as alcohol poisoning, it occurs when the level of alcohol in the body acts like a poison. Passing out is the body's response to its inability to tolerate the amount of alcohol put into it - not a good thing.

Myth: Even though a person drinks, they can still drive as long as they drink coffee or roll down the car window.

Fact: Coffee cannot rid a person's system of alcohol. Instead, it just makes them a nervous, wide-awake drunk and definitely not fit to drive. Same with driving with the window down after drinking. No amount of fresh, chilly air can reverse impairment. Instead, people need to be aware of the facts regarding alcohol and drunk driving.

sive to do. This person partakes in the activity only when the opportunity arises and rarely spends large sums of money concerning the skill.

However, professionals establish routines. Practice becomes a lifestyle. As a result, fewer mistakes are made and abilities are increased - a common result of true practice. I have read that Tiger Woods frequently performs 100 consecutive putts when he is sharpening his skills and he currently is one of the top-ranked players in the world.

Does this pattern translate to drinking? Imagine trying to drink 100 shots of liquor in order to increase your abilities. A novice would likely pass out before getting to the eighth drink.

Their natural defenses, or tolerance level, would protect them from ingesting more alcohol by knocking them unconscious - thereby preventing further damage to their bodies. The next day,

the beginner decides that less is more and becomes satisfied with mediocrity. However, an alcohol master may not even feel a buzz after 10 drinks. This is assumed to be increased skill.

The truth is that high tolerance (the natural defense for the body) is short-circuited. This malfunction can lead to increased consumption of alcohol which may lead to side effects like physical addiction, poor health, and/or other ailments.

When it comes to drinking, you are at your best as a stagnant novice than as an advancing professional. High tolerance is not a skill. It is often a sign of excessive time, dedication, discipline, and money being misplaced into alcohol.

If you have a tolerance that continues to increase, break the routine. You will never become a good heavy drinker. And if you cannot get better, what is the point of committing yourself to all of that boring, hard work.

If you are thinking to yourself, "I have fun when I drink and it is not hard work," you just proved my point. Practice always is hard work.

Alcohol and Health Drinking affects much more than judgement

By Tech. Sgt. George Macias
31st Aerospace Medical Squadron
Health and Wellness Center

The Dietary Guidelines for Americans advises if you drink alcoholic beverages, do so in moderation (no more than one drink a day for women and no more than two drinks for men). However some people are wise to avoid alcoholic drinks entirely.

Consuming more than the recommended Dietary Guidelines for Americans is linked to increased risks for several health problems including high blood pressure, stroke and several forms of cancer, as well as motor vehicle crashes, other injuries, violence and suicide.

Unlike other nutrients, alcohol inhibits the breakdown of nutrients through digestion. Alcohol impairs nutrient absorption by damaging the cells lining of the stomach and intestines, and disables transport of some nutrients into the blood.

For example:

- B Vitamins – Alcohol depletes supplies of B-complex vitamins, which are essential to basic body processes. Vitamin B deficiencies can harm the heart, liver, and other organs, and cause muscle and ner-

vous tissue damage, anemia, even beriberi (a disease involving nerve degeneration, muscle weakness, and heart problems).

- Vitamin A - Carotene (vitamin A) deficiency reduces the body's resistance to disease and impairs vision, particularly the ability of the eyes to adjust to darkness.

- Vitamin C - Alcohol also blocks absorption of vitamin C and can lead to anemia, reduced resistance to disease, and over-stimulation of the adrenal gland.

The presence of food will influence the absorption process in the gastrointestinal tract when alcohol is consumed. The rate at which alcohol is absorbed depends on how quickly the stomach empties its contents into the intestine.

A healthy liver detoxifies the alcohol consumed at a rate of about half an ounce per hour. The higher the blood alcohol concentration level the longer it takes. For

"A six-pack of beer consumed in one day supplies 900 calories. To burn off the calories, a person would have to jog without a break for about two hours."

two regular size drinks consumed during a 60-minute period, the body needs two to three hours to break it down.

Alcohol provides seven calories for every gram, compared with four calories per gram of carbohydrate and protein, and nine calories per gram of fat. Calories from alcoholic beverages can definitely add up quickly, contributing to excess body weight. For example, a six-pack of beer consumed in one day supplies 900 calories. To burn off the calories, a person would have to jog without a break for about two hours.

Poor nutrition is linked to drinking alcoholic beverages when they take the place of nutritious foods and drinks. By limiting beer, wine and other alcoholic beverages, there's room in the meal plan for more nutrient-dense foods and drinks.

Wine, beer, and distilled spirits do not count toward your fluid intake for the day since alcoholic beverages have a diuretic, or dehydrating affect.

17,013 number of people who were killed in drunk-driving-related incidents in the United States in 2003, representing 40 percent of all traffic deaths.

Types of Alcohol Problems

Binging:

Men - Five or more drinks on any one occasion

Women - Four or more drinks on any one occasion

Daily drinking:

Men - More than two drinks per day

Women - More than one drink per day

Signs of alcohol abuse:

- Alcohol-related problems at work, school or home
- Use of alcohol in physically dangerous situations
- Alcohol-related legal problems
- Social and interpersonal problems related to alcohol

Signs and symptoms of alcohol dependence:

- Craving: Strong need or compulsion to drink
- Loss of control: Frequent inability to stop drinking

Physical dependence:

Withdrawal symptoms such as nausea, sweating, shakiness and anxiety when alcohol use is stopped

Tolerance: Need for increasing amounts of alcohol in order to become drunk

How to recognize an alcohol problem:

- Drinking to calm nerves, forget worries or boost a sad mood
 - Guilt about drinking
- Unsuccessful attempts to cut down or stop drinking
- Lying about or hiding habits
- Causing harm to oneself or someone else as a result of drinking
- Needing to drink increasingly greater amounts to achieve desired effect
- Feeling irritable, resentful or unreasonable when not drinking
- Medical, social, family or financial problems caused by drinking

Source: Andrews Air Force Base, Public Affairs

If you recognize these problems, call the Aviano ADAPT program at Ext. 5321.

Fly Bys

Tourist passport

Tourist passports are recommended for ease of travel throughout Europe and surrounding countries. Passports may be obtained at the Aviano Military Personnel Flight.

Travel Web site

Americans with travel plans should visit <http://travel.state.gov> to get the latest travel advisories in Europe. Maintained by the U.S. Department of State, the Web site offers a list of places suspected of anti-American activity, as well as other information for travelers. Call the 31st Fighter Wing Manpower Office at Ext. 7308 with questions about the site or other antiterrorism force protection measures.

Experience Europe

The Information Tickets and Travel office offers group and customized tour packages for one day trips, express travel, overnight and morale tours, sight-seeing and shopping trips. The office may also arrange travel and reservations for squadron and private tours as well as daily and weekly tours. For more information, call Ext. 5072.

AF online travel

The Air Force now offers support to customers with the information they need to plan their leisure-time activities and assists them in locating the lowest possible military pricing in entertainment ticket venues and travel arrangements. For more information, log onto www.aftravelonline.com/



Courtesy photo

Name this vacation location

This building is located in a city that was built around a castle which was built in about 870 B.C. but the city itself wasn't first mentioned until 965 B.C., when it was reported in a narration by Ibrahim Ibn Jakub, a merchant. Since then, this city has experienced a declaration of independence, Nazi control, brainwashing communism and capitalist democracy – and most of that happened in the 20th century! Be the sixth person to name the city and country where this building is located, and win a prize. Send answers to vigileer@aviano.af.mil. Congrats to Tech. Sgt. James Wells, 31st Mission Support Group, for answering last week's question with the William Shakespeare's Merchant of Venice.

Children's fares: The Information, Tickets and Travel office offers special prices for children. Call Ext. 5072 for details.



Florence, Italy is home to the Uffizi Art Gallery, as well as Michaelangelo's David.

Information, Tickets and Tours

Upcoming tours from the Information, Tickets and Travel office include:

- April 22-24 - French Riviera (Cannes, Nice, Monaco, Monte Carlo)
- April 23 - Guided San Marino
- April 23 - Castles in Carinthia, Austria
- April 30 - Pisa and Vinci museums
- April 30 - Guided Florence
- April 30 - AquaSplash Water Park
- May 14 and 15 - Wine tasting in

Tuscany at Montalcino, Pienza. Price is between 198 Euro and 218 Euro. People can make a 50 percent deposit to reserve a seat.

- May 27 to 30 - Naples and the Amalfi Coast for Memorial Day weekend. Four days and three nights touring Naples, Sorrento, Pompei and the coastline. For more information about ITT tours, call Ext. 5072 or 5026.



Courtesy photo

Flag football

Intramural flag football season begins April 25 in Area D. Flag football is a version of American football. The game's rules are very similar, with the exception that instead of tackling players to the ground, the team on the defensive must grab a flag from the player that has the ball in order for play to stop. Each player must carry two flags, one on each side of the waist so the stops may be made by defensive players. Flag football was designed to avoid the injuries that playing normal football could bring. People can call the Aviano Dragon Fitness Center at Ext. 7459 for more information.

Dragon Fitness: Aviano's fitness center can be reached by calling Ext. 7459.



Courtesy photo

Sports brief

Are you part of a local sports team? Are you an Airman with an athletic ability few know about? We want to hear about you and your team? Send any sports, health or fitness information to vigileer@aviano.af.mil.

Fly Bys

Sports officials

The Aviano Sports Officials Association is looking for referees for the upcoming flag football and softball seasons. The association is also looking for softball scorekeepers. For more information, call Gregory Smith at Ext. 4978.

Aviano Golf

The Aviano Alpine Golf Course offers individual golf lessons as well as youth and adult instructional clinics. The staff also does club fittings for drivers, irons and putters as well as club repairs. Participants may also take advantage of the merchandise special order program, equipment rental and the lay-away program. For more information, call Ext. 7386.

Paragliding

Aviano Outdoor Recreation offers weekend paragliding, tandem rides and solo flights in the mountains of Italy. Participants must sign up the Wednesday prior to their weekend flight. For more information, call Ext. 8625.

Customized workouts

The 31st Services Squadron's Jennifer Kellner provides one-on-one training for \$20 an hour at the Dragon Fitness Center. Call 348-257-4346 to schedule an appointment.

Grifoni football game

All are invited to the Aviano/Belluno Grifoni football game 2:30 p.m. Saturday at the Aviano Flightline Football Field. Call 348-358-1928 for more information.

Trout fishing

People can sign up to go fishing 8 a.m. to noon Saturday at a local fish farm. Call Outdoor Recreation at Exts. 8623 or 8625 to sign up. Cost is \$5 per person and 3.50 Euro per kilogram.